

# Keto Food Chart - The Ultimate Guide to Keto-Friendly Foods

## What is a Keto Food Chart?

A Keto Food Chart is a simple reference guide that lists keto-friendly foods to help you stay in ketosis. The ketogenic diet focuses on high-fat, moderate-protein, and low-carb foods, making it essential to know what to eat and what to avoid.

## Keto-Friendly Foods List

Here is a categorized list of approved keto foods:

### Healthy Fats & Oils

- Avocado
- Olive oil
- Coconut oil
- Butter
- Ghee
- Macadamia nut oil

### Proteins (Fatty Cuts & Seafood)

- Beef, pork, lamb
- Chicken thighs, duck
- Salmon, tuna, shrimp
- Eggs
- Organ meats

### Low-Carb Vegetables

- Spinach, kale, arugula
- Broccoli, cauliflower
- Zucchini, asparagus
- Mushrooms, bell peppers

### Nuts & Seeds

- Almonds, walnuts, macadamia nuts, pecans
- Chia seeds, flaxseeds, pumpkin seeds

### Dairy (Full-Fat Only)

- Cheese (cheddar, mozzarella, parmesan)
- Heavy cream
- Greek yogurt (unsweetened)
- Sour cream

### Beverages

- Water

- Sparkling water
- Coffee (black or keto creamer)
- Tea
- Bone broth

### **Sweeteners (Keto-Friendly)**

- Stevia
- Erythritol
- Monk fruit
- Allulose

### **Foods to Avoid (High-Carb Foods)**

To stay in ketosis, avoid high-carb foods like:

- Sugar, sweets, soda
- Grains (wheat, rice, oats, corn)
- High-carb fruits (bananas, apples, grapes)
- Potatoes, sweet potatoes, legumes
- Processed foods and junk food

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